Stage 1 Avascular Necrosis of the Hip

Early Detection & Treatment Without Surgery

Presented by **HipXpert** — Your trusted partner in joint preservation and advanced orthopedic care.

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What is Stage 1 Avascular Necrosis?

Stage 1 AVN is the **earliest phase** of the disease — blood supply to the femoral head has begun to reduce, but the bone structure remains **completely intact**.

At Stage 1, X-rays appear normal. The condition can **only be detected through MRI**, making early screening critical for high-risk patients.

Why Early Diagnosis

No Structural Damage

Bone architecture is still fully preserved — no collapse has occurred.

Highest Treatment Success

Stage 1 offers the best outcomes for non-surgical intervention.

Joint Preservation

Early action can prevent progression to advanced, irreversible stages.

Key Clinical Features of

Normal X-Ray Findings

Standard radiographs show no abnormalities at this stage.

MRI Detects Ischemic Changes

MRI reveals early bone marrow edema and reduced blood flow.

Femoral Head Intact

No collapse or structural deformity — the joint surface is preserved.

Joint Structure Preserved

Cartilage and surrounding tissues remain unaffected.

Early Symptoms to Watch For

Stage 1 AVN symptoms are often **mild and easily dismissed** — which is why awareness is critical.

Mild Hip Pain

Intermittent discomfort, often during or after activity.

Pain with Movement

Discomfort increases during weight-bearing or rotation of the hip.

Groin or Thigh Discomfort

Pain may radiate to the groin, thigh, or buttock region.

Sometimes Asymptomatic

Some patients have no symptoms at all — making screening vital.

Common Causes & Risk

Steroid Use

Long-term or high-dose corticosteroid therapy is a leading cause.

Alcohol Consumption

Chronic heavy alcohol use impairs blood supply to the femoral head.

Trauma or Injury

Hip fractures or dislocations can disrupt blood vessels.

Idiopathic Cases

In some cases, no identifiable cause is found.

How is Stage 1 AVN Diagnosed?

Clinical Evaluation

Symptom history and risk assessment.

Specialist Review

Orthopedic assessment and staging.

MRI Scan

Gold standard for early AVN detection.

MRI is the most reliable diagnostic tool for Stage 1 AVN — it detects ischemic changes that X-rays miss entirely. Early screening is strongly recommended for patients with known risk factors, even before symptoms appear.

Treatment Options at

The primary goal at Stage 1 is **joint preservation** — stopping disease progression before structural damage occurs.

Lifestyle & Activity Modification

Reducing weight-bearing stress on the hip joint.

Medication & Monitoring

Anti-inflammatory drugs and regular follow-up imaging.

Regenerative Therapies

Advanced options like SVF therapy to restore blood supply.

Adipose-Derived SVF Therapy

An advanced **regenerative treatment** designed specifically for early-stage AVN patients — harnessing the body's own healing

Supports Bone Healing

Stromal Vascular Fraction promotes regeneration of damaged bone tissue.

Improves Blood Supply

Stimulates new blood vessel formation in the femoral head.

Natural Joint Preservation

A non-surgical approach that works with the body's own repair mechanisms.

Don't Ignore Early Signs

Stage 1 is your best window of opportunity. Delay can lead to irreversible joint damage and the need for surgery.

Consult HipXpert

Expert orthopedic care focused on joint preservation.

Call Us

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Early treatment improves outcomes. Take action today — your joint health depends on it.